

OPTICAL DATA MEDIUM CONTAINING, IN THE INFORMATION LAYER,
A PHTHALOCYANINE DYE AS A LIGHT-ABSORBING COMPOUND

ABSTRACT OF THE DISCLOSURE

The invention relates to an optical data medium containing a preferably transparent substrate that is optionally already coated with one or more reflective layers and on the surface of which have been applied:

- (1) an information layer that can be recorded on using light, wherein the information layer contains at least one phthalocyanine light-absorbing compound and optionally a binder,
- (2) optionally one or more reflective layers, and
- (3) optionally a protective layer or a further substrate or a covering layer

wherein the optical data medium can be recorded on and read using blue light, preferably laser light.

Variable	Mean	SD	Min	Max
Age	30.5	4.2	18	45
Gender	1.2	0.4	1	2
Marital status	1.5	0.5	1	3
Education	12.5	1.5	9	16
Income	1.8	0.8	1	3
Occupation	1.5	0.5	1	3
Religion	1.2	0.4	1	2
Health status	1.5	0.5	1	3
Stress level	2.5	1.0	1	4
Life satisfaction	3.5	1.0	1	5
Resilience	2.5	1.0	1	4
Optimism	3.5	1.0	1	5
Gratitude	3.5	1.0	1	5
Forgiveness	3.5	1.0	1	5
Compassion	3.5	1.0	1	5
Kindness	3.5	1.0	1	5
Generosity	3.5	1.0	1	5
Patience	3.5	1.0	1	5
Humility	3.5	1.0	1	5
Modesty	3.5	1.0	1	5
Self-control	3.5	1.0	1	5
Discipline	3.5	1.0	1	5
Perseverance	3.5	1.0	1	5
Determination	3.5	1.0	1	5
Confidence	3.5	1.0	1	5
Self-esteem	3.5	1.0	1	5
Self-worth	3.5	1.0	1	5
Self-respect	3.5	1.0	1	5
Self-love	3.5	1.0	1	5
Self-care	3.5	1.0	1	5
Self-awareness	3.5	1.0	1	5
Self-reflection	3.5	1.0	1	5
Self-examination	3.5	1.0	1	5
Self-analysis	3.5	1.0	1	5
Self-criticism	3.5	1.0	1	5
Self-improvement	3.5	1.0	1	5
Self-development	3.5	1.0	1	5
Self-growth	3.5	1.0	1	5
Self-actualization	3.5	1.0	1	5
Self-fulfillment	3.5	1.0	1	5
Self-realization	3.5	1.0	1	5
Self-achievement	3.5	1.0	1	5
Self-satisfaction	3.5	1.0	1	5
Self-contentment	3.5	1.0	1	5
Self-acceptance	3.5	1.0	1	5
Self-compassion	3.5	1.0	1	5
Self-kindness	3.5	1.0	1	5
Self-forgiveness	3.5	1.0	1	5
Self-reconciliation	3.5	1.0	1	5
Self-healing	3.5	1.0	1	5
Self-recovery	3.5	1.0	1	5
Self-restoration	3.5	1.0	1	5
Self-renewal	3.5	1.0	1	5
Self-rejuvenation	3.5	1.0	1	5
Self-revitalization	3.5	1.0	1	5
Self-renewal	3.5	1.0	1	5
Self-rejuvenation	3.5	1.0	1	5
Self-revitalization	3.5	1.0	1	5
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Self-revitalization	3.5	1.0	1	5
Self-renewal	3.5	1.0	1	5
Self-rejuvenation	3.5	1.0		